



Lettuce

START

The Wonder Pets have saved an animal in trouble once again. Help them get to their heroes snack - lettuce!



FINISH

Lettuce
KNOCK! KNOCK!
Who's There?
Lettuce!
Lettuce Who?
Let us in to eat salad!!!





Lettuce

Chicken Salad Wraps

Preparation Time: 30 Minutes

Serves: 8

1/2 Cup of Vegetables per Serving

- 1 1/2 cups cooked chicken breast (~8 oz. raw)
- 1 cup carrots, shredded
- 2 cups fresh spinach, chopped (or leafy green lettuce)
- 1 cup fresh tomato, chopped
- 1 cup frozen corn, thawed
- 2 teaspoons salt-free seasoning blend
- 1/2 cup reduced fat mayonnaise
- 8 large Iceberg lettuce leaves, removed from head

Nutrition Information per Serving: calories: 103, total fat: 3.2g, saturated fat: 0.8g, % calories from fat: 28%, % calories from saturated fat: 7%, protein: 10g, carbohydrates: 10g, cholesterol: 22 mg, dietary fiber: 2g, sodium: 180mg

Combine all ingredients except lettuce leaves and mix well. Place equal amount of salad mixture on each lettuce leaf. Roll from one end of the lettuce leaf to the middle. Fold in the sides and continue to roll. Secure with a toothpick. Arrange on a platter and serve.

A great recipe for parents and children to make together.

Recipe was developed for Produce for Better Health Foundation (PBH) by Chef Mark Goodwin CEC, CNC. All PBH endorsed recipes meet nutrition standards that maintain fruits and vegetables as healthy foods.



Parent Tips

- Bagged salads offer convenient, simple and delicious ways to get more vegetables in your family's diet.
- Add a couple pieces of lettuce to lunchtime sandwiches - it will add color and crunch.
- Kids love water. Let them help wash salad greens while you prepare dinner.
- Include children in the salad preparation process. Allow them to mix the salad ingredients in a big salad bowl. Or set out individual salad bowls and all the salad components. They will have fun building each person's salad.
- For kids that don't want to try lettuce - serve it in foods they like such as a taco salad. Encourage small tastes.



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